



## Our Focus

The Nutrition Education Program works in all 120 counties to improve the lives of limited-resource Kentuckians through education and changes in behavior and in their community. Through the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP), the University of Kentucky Cooperative Extension Service has agents and nutrition assistants across the state who are dedicated to improving lives where they live.

## Our Challenge

### Poverty

According to US Census estimates for 2016, the median household income in Kentucky is **\$46,610**, almost 20% lower than the U.S. median household income of **\$57,617**.<sup>1</sup> Kentucky also has higher percentages of poverty and food insecurity among its population compared to census estimate for the United States overall.

	Kentucky	U.S.
<b>Total Poverty</b>	17.2%	12.3%
<b>Child Poverty</b>	24.4%	19.5%
<b>Food Insecurity</b>	14.7%	11.8%

In 2016, an estimated **3,185** Powell County residents lived in poverty, and **1,163** of those were children under 18. This represents a **10%** decrease in total poverty and **4.1%** increase in child poverty since 2008.<sup>1</sup>

### Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet.<sup>2</sup> These include high blood pressure, cardiovascular disease, type 2 diabetes and stroke which are often associated with obesity.



In 2017, the percentage of obese adults in Kentucky was **34.3%**, ranking it in the top 10 states for highest obesity rates in the country. Kentucky was also ranked in the top 10 for high percentages of adults with diabetes (**12.9%**) and adults with hypertension (**39.4%**).<sup>3</sup> A large body of evidence shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.<sup>2</sup>

In 2014, **38.9%** of Powell County's adult population were considered obese.<sup>4</sup>

## Our Solution

Provide hands-on, nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2018, 9,997 Powell County residents with limited resources participated in nutrition education lessons.

## Our Results

### IN POWELL COUNTY

#### Lifestyle improvements

In 2018, **100%** of adult participants made a positive change in food group choices and **100%** showed improvement in one or more food safety practices. In addition, **98%** showed improvement in one or more food resource management practices and **96%** made changes to be more physically active. Youth participants also experienced behavior changes, with **97%** improving their ability to choose healthy foods.

## Our Success

### Teaching parents how to prepare healthy meals, meal plan and budget

**K**entucky River Foothills is a non-profit corporation that teams up with community partners to provide local services to people in Eastern Kentucky. One of the services offered is the Head Start Program. Most parents who have children that attend the Head Start Program have limited funds and limited resources to create healthy lifestyles for themselves and for their families. A series on Nutrition Education was offered by the local SNAP-Ed Assistant from Powell County Extension Service. The series focused on teaching the parents how to create and prepare healthy meals, meal planning, budgeting and money saving tips. All participants graduated and showed a positive change in at least one area taught. One participant stated he had never bought frozen fruits or vegetables and now compares prices on which is the cheapest. He has reported saving money at the grocery because of the lessons taught.

Although the series has ended, each participant states they plan to continue incorporating the information given to them into their everyday lives.



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#### SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates
2. 2015-2020 Dietary Guidelines for Americans
3. The State of Obesity Report 2018
4. 2018 County Health Rankings & Roadmap

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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